

What is claimed as new and what is desired to secure by Letters Patent of the United States is:

1. A portable exercise apparatus comprising:
  - a central bar member having a hollow interior and opposed end portions, said central bar member further having a plurality of apertures disposed between said opposed end portions;
  - a plurality of telescopic end members being removably insertable into the hollow interior of said central bar member so a length of said apparatus can be selectively adjusted; and
  - a plurality of handle members and a plurality of fastening members for selectively attaching same to said central bar member by passing through said plurality of apertures, said plurality of handle members having first and second portions integral with each other wherein said first portion extends substantially perpendicularly from said central bar member and said second portion extends obliquely from said first portion.
2. The apparatus of claim 1, further comprising a plurality of grip members attached to said plurality of handle members respectively.
3. The apparatus of claim 2, wherein said plurality of grip members are attached to said second portion of said plurality of handle members respectively.
4. The apparatus of claim 1, further comprising a plurality of stop members attached to said plurality of telescopic end portions and for assisting a user to engage said apparatus between a pair of vertical members.
5. The apparatus of claim 1, wherein said plurality of apertures are randomly disposed about a perimeter of said central bar member.
6. The apparatus of claim 1, further comprising a plurality of spring members disposed adjacent said opposed end portions of said central bar member and within the

hollow interior thereof, said plurality of spring members providing resistive force to said plurality of telescopic members when same are pushed inwardly towards a center of said central bar member.

7. A portable exercise apparatus comprising:

a central bar member having a hollow interior and opposed end portions, said central bar member further having a plurality of apertures disposed between said opposed end portions;

a plurality of telescopic end members being removably insertable into the hollow interior of said central bar member so a length of said apparatus can be selectively adjusted;

a plurality of handle members and a plurality of fastening members for selectively attaching same to said central bar member by passing through said plurality of apertures, said plurality of handle members having first and second portions integral with each other wherein said first portion extends substantially perpendicularly from said central bar member and said second portion extends obliquely from said first portion; and

a plurality of grip members attached to said plurality of handle members respectively.

8. The apparatus of claim 7, wherein said plurality of grip members are attached to said second portion of said plurality of handle members respectively.

9. The apparatus of claim 7, further comprising a plurality of stop members attached to said plurality of telescopic end portions and for assisting a user to engage said apparatus between a pair of vertical members.

10. The apparatus of claim 7, wherein said plurality of apertures are randomly disposed about a perimeter of said central bar member.

11. The apparatus of claim 7, further comprising a plurality of spring members disposed adjacent said opposed end portions of said central bar member and within the hollow interior thereof, said plurality of spring members providing resistive force to said plurality of telescopic members when same are pushed inwardly towards a center of said central bar member.

12. A portable exercise apparatus comprising:

a central bar member having a hollow interior and opposed end portions, said central bar member further having a plurality of apertures disposed between said opposed end portions;

a plurality of telescopic end members being removably insertable into the hollow interior of said central bar member so a length of said apparatus can be selectively adjusted;

a plurality of handle members and a plurality of fastening members for selectively attaching same to said central bar member by passing through said plurality of apertures, said plurality of handle members having first and second portions integral with each other wherein said first portion extends substantially perpendicularly from said central bar member and said second portion extends obliquely from said first portion;

a plurality of grip members attached to said plurality of handle members respectively; and

a plurality of stop members attached to said plurality of telescopic end portions and for assisting a user to engage said apparatus between a pair of vertical members.

13. The apparatus of claim 12, wherein said plurality of grip members are attached to said second portion of said plurality of handle members respectively.

14. The apparatus of claim 12, wherein said plurality of apertures are randomly disposed about a perimeter of said central bar member.

15. The apparatus of claim 12, further comprising a plurality of spring members disposed adjacent said opposed end portions of said central bar member and within the

hollow interior thereof, said plurality of spring members providing resistive force to said plurality of telescopic members when same are pushed inwardly towards a center of said central bar member.